

Park Press

Park and Community Program Guide



David A. Wood, Mayor

Sept.-Dec. 2016
www.mishawaka.in.gov
574.258.1664



SPECIAL EVENTS AND ACTIVITIES

Mishawaka Heritage Festival

September 4 | 4:00-10:00 pm
Central Park

A festive gathering of cultural dance, music, food and history, focusing on the substance and core of what makes our city unique. Join in a celebration of our roots!
www.MishawakaHeritageFestival.com

Punt, Pass & Kick Competition

September 17 | Merrifield North Park

Competition begins at 10:00 am.

Registration is from 9:00—9:45 am

Registration is free. All contestants must fill out an Entry/Release of Liability Form. Children must be 6 to 15 years old and show a valid birth certificate for age verification. No cleats allowed for competition.

www.nflppk.com



We Heart Paws Event

September 30 | 7:00 pm
Battell Community Center

Families are invited to a night out devoted to our furry friends! Local animal organizations will be bringing dogs to interact with and children can read to them! Please bring a pet food/supply donation. Children must be accompanied by a parent/guardian the entire event. **Family pets are not allowed.** RSVP and register by Friday September 23rd in the Parks and Rec Office.

Fall Harvestfest

October 8 | 12:00-6:00 pm
Beutter Park

Fun for all ages: live music, 21+ Beverage Garden, Kids' Zone, Michiana Chili Cook-Off and much more!

Nutrition Education Program

Thursdays Sept 1-Nov 3 | 2:30 pm
Battell Community Center-Community Room

Hosted by Purdue Extension of St. Joseph County

It's FREE and fun for all! When you attend these interactive lessons, you not only get great information but also:

- Earn a free cookbook and handy kitchen items
- Cook and sample food
- Take home easy, low-cost recipes
- Learn basic food preparation skills

For more information contact 574.295.9604 and to RSVP call (574) 258-1664.

Ghouls & Goodies Events



Ghoul-ey Story Time

October 26 | 2:00 pm

Battell Community Center-Community Room

Come on over for story time and snack!

Goodies and Crafts

October 28 | 2:00 pm

Battell Community Center-Community Room

An hour of spooky, ghoulish fun with games, crafts, and festive snacks!

BOTH events are for children ages 5 and under and a parent/guardian MUST stay with child. Please call (574) 258-1664 to reserve a spot for your child. Spots are limited!

Practice on the Pond

DATE TBA
Merrifield Complex

Come on out to Merrifield Complex to see the Notre Dame Irish Hockey team play. There will be a chance to get autographs and take pictures with the players.

SPECIAL EVENTS AND ACTIVITIES

Cooking Classes with Martin's Supermarkets

*** with Dietician Kristin Humes ***

Battell Community Center | 5:30-6:30 pm

**Cost: \$10/person or \$15/family
Register now - spots are limited!**

Your Back to School Guide: September 27th

Kristin will help you and your family banish brown bag boredom this new school year. Learn how to create well balanced, nutritious snacks and lunches with the opportunity to create your own snack to take home.

Holiday Eating For Diabetics: October 25th

Join Kristin as she provides creative ideas on how diabetes can enjoy traditional holiday foods. Samples of all recipes provided.

Date Night with a Dietician: November 15th

Cost: \$15/couple

Join Kristin as she helps you host the perfect date night out! Learn to a quick, romantic meal for two that can be enjoyed any time of the year. Samples of all recipes provided.

Happy Healthy Holidays: December 6th

Join Kristin as she helps you host a happy healthy holiday. Create quick, nutritious, yet delicious, appetizers to share with your family and friends this holiday season. Samples of all recipes provided.



Santa Arrives

**December 2 | 6:00 pm
Downtown Mishawaka**

Join Santa at Beutter Park for the annual tree lighting, hot cocoa and goodies! A night to remember!



Annual Christmas Luncheon

December 6 | 11:30 am

Battell Community Center-Community Room

Every Christmas, Real Services joins with Battell Center to serve a delicious lunch to help celebrate the joyous season. Entertainment will be provided after lunch. Please join us by calling the Nutrition Site at 574.284.7174 between the hours of 10:00 am and 12:00 pm to **RSVP by November 18th.**

Holiday Movie Night

December 9 | 7:00 pm

Battell Center Auditorium

Battell Center is hosting its' first Holiday movie night! Come enjoy a free holiday movie in the newly renovated Auditorium!

Breakfast with Santa

December 13 | 9:00 am

Battell Community Center

\$4/person, \$5/child & adult, \$10/family

Join Santa at our first annual Breakfast with Santa! Granite City Food & Brewery will be providing a delicious breakfast and goodies. Register by December 9th, spots are limited!



Winterfest

December 16 | 5:00-8:00 pm

Merrifield Complex and Park

The Winter Festival provides families an opportunity to ice skate, enjoy a warm snack and get a picture with Santa. There will be crafts, outdoor movies, and a hayride! We welcome non-perishable food donations for the Canned Food Drive. Admission is free!

YOUTH ACTIVITIES

YOUTH CLASSES

To register, call or stop into the office during office hours, Monday-Friday 8:00am-5:00 pm. Voicemail registrations are not accepted.

Baton Twirling I & II

Thursday 4:45-6:00 pm Gym
Sept 15-Dec 8 (Ages 5-7)

Thursday 6:00-7:30 pm Gym
Sept 15-Dec 8 (8 & up)

Beginning baton twirling, basic baton twirling introduction will include safety, marching, and a short routine.

Baton Twirling II is a continuation of Baton Twirling I. Upon achieving proper skills from BTI, students can advance to BTII with instructor's approval of skill mastery. Wear comfortable clothing, and athletic shoes.

For more information contact Phyllis at (574) 276-5779.

Junior Poms

Tuesday 4:30-5:30 pm Dance
Sept 13-Nov 29 (6 & up) Room I

Junior Poms will teach children teamwork, dance, and marching. Proper attire for this class is athletic shoes, and hair pinned/tied back away from face.

Family Zumba

Tuesday 6:00-7:00 pm Gym
Sept 6-Dec 13

Come out and dance with your family! Fun for all! Children must be at least 4 years old.

**Pre-registration
starts Sept 2nd!**

Dance Class

3-4 Monday 4:30-5:00 pm Dance
Sept 12-Nov 28 Studio

5-8 Wednesday 4:30-5:15 pm Dance
Sept 14-Nov 30 Studio

5-8 Thursday 4:30-5:15 pm Dance
Sept 15-Dec 1 Studio

6-8 Thursday 5:15-6:00 pm Dance
ADV.* Sept 15-Dec 1 Studio

9 & up Mon & Wed 5:15-6:15 pm Dance
ADV.* Sept 12-Nov 30 Studio

This class is a ballet and jazz class where children will learn basics of each style of dance. Children will have fun and make new friends! Comfortable clothing is recommended. Limited availability for each session. Child **MUST** be pre-registered prior to the start of class.

** Classes require instructor approval for admittance.*

MORE YOUTH CLASSES

Young Rembrandts

Waiting all summer for Young Rembrandts?

Enroll online at www.youngrembrandts.com or call the local office at (269) 429-3729.

Preschool Drawing Class - Ages 3-6

Session 1: Mondays Sept 19-Oct 24 } 11:00 am -
Session 2: Mondays Oct 31-Dec 5 } 12:00 pm

Cost: \$60.00 (per session)

Location: Battell Community Center

Cartooning Class - Ages 7-12

Session 1: Wednesdays Sept 21-Oct 26 } 6:00 -
Session 2: Wednesdays Nov 2-Dec 14 } 7:00 pm

Cost: \$60.00 (per session)

Location: Battell Community Center

YOUTH ACTIVITIES

YOUTH SPORTS



Tackle Football Grades 3-6

Cost: \$100

Games: September-November

Register by: August 18

A League is for players in grades 5th and 6th, and B League is for players in 3rd and 4th grade. A and B League will practice at Merrifield North Park at the same days and times. Game days are on Sundays and A League plays at John Young Middle School while B League plays at Hums Park. The season including conditioning runs from early August through early November.

A physical and a copy of the child's last report card is required for tackle football.

Winter Soccer League Ages 3-6

Cost: \$30

Games: February 4-March 11

Register by: January 11

Location: Battell Community Center

Fall Basketball League Ages 3-6

Cost: \$30

Games: November 5-December 17

Register by: October 12

No Game: November 26

Location: Battell Community Center



Champion Force Athletics Cheerleading

Registration Fee: \$10; Class Fee: \$7.00

Registration and First Class: August 22

Division 1 (4-6 yrs): 5:30 pm

Division 2 (7-9 yrs): 6:15 pm

Division 3 (10-11 yrs): 7:00 pm

Division 4 (12 & up): 7:45 pm

Location: Battell Community Center

Classes held every Monday for 45 minutes, 17 weeks long. Contact Champion Force

Athletics for more information:
(855) 754-9325

BATTELL CENTER CLASSES

ART

MUSIC

CHAIR YOGA

Instructor: Sara Ermeti

Session Dates	Time	Location	Session	Drop-In
Fridays Sept 16-Nov 4	10:00-11:00 am	Centennial Room	\$36.00	\$7.00

Traditional Yoga poses are modified for those with health restrictions, decreased range of motion and physical limitations. Emphasis will be on breathing, balance, and moving at your own pace. Class is adapted for seniors, 55+, and is great for beginners too! Comfortable loose clothing is best.

TWIRLING ALUMNI

Instructor: Phyllis Romano

Session Dates	Time	Location	Fee
Tuesdays Sept 13-Dec 8	7:15-8:15 pm	Gym	\$40.00

Former baton twirlers, 17 yrs old and up, return to their sport for a no age limit class! Come master that trick you were last working on or gain more skills. No prior experience needed and new participants are welcome to join. Benefits are eye and hand coordination, gross and fine motor skills and memory enhancement. For more information contact Phyllis at (574) 276-5779.

CLASSICAL MAT PILATES

Instructor: Brittany Fox

Session Dates	Time	Location	Session	Drop-In
Tuesdays Sept 13-Nov 29	6:15-7:15 pm	Aerobics Room	\$54.00	\$5.00

Sept 6 @ 6:15pm - Pilates 101: Join in for a free workout session and to learn about the principles of Pilates, proper form and the health benefits of this widely popular exercise.

All skill levels welcome to this core-centered workout. Come and feel the benefits of this strengthening, toning, flexibility and posture-improving class. Bring your mat and comfy clothes. Shoes are not needed.

BEGINNER YOGA

Instructor: Courtney Canfield

Session Dates	Time	Location	Session	Drop-In
Wednesdays Sept 28-Nov 16	5:30-6:30 pm	Aerobics Room	\$60.00	\$10.00

Brand new to yoga or get back to the basics! Focuses: breath, alignment, improving balance, building strength, increasing flexibility and activating the relaxation response in the body

LEARN TO PAINT LANDSCAPES

Instructor: Cathy McCormick

Session Dates	Time	Location	Contact
Fridays January-December	10:00am-Noon	Rotary Room	Cathy for cost of class

Cathy McCormick, president of the Northern Indiana Pastel Society, offers a class in painting landscapes with soft pastels. For more information contact Cathy at camccorm@aol.com or (574) 271-6919.

POWER YOGA FLOW

Instructor: Courtney Canfield

Session Dates	Time	Location	Session	Drop-In
Wednesdays Sept 28-Nov 16	6:45-7:45 pm	Aerobics Room	\$60.00	\$10.00

For students with some prior yoga experience, who are looking to build heat and advance their practice. Vinyasa flow style. New postures will be introduced with modifications.

All classes are held at the Battell Community Center, 904 N. Main St.

BATTELL CENTER CLASSES



DANCE

MIDDLE EASTERN DANCE I*

Instructor: Ruby Jazayre

Session Dates	Time	Location	Fee
Wednesday Sept 7-Oct 19	6:00-7:00 pm	Dance Studio	Contact Ruby for cost of class.
Wednesday Nov 2-Dec 14	6:00-7:00 pm	Dance Studio	

Middle Eastern Belly Dance for fitness and fun for all ages!
Level I is for those new to belly dancing! For cost and information
contact Ruby at (574) 315-1915.

MIDDLE EASTERN DANCE II*

Instructor: Ruby Jazayre

Session Dates	Time	Location	Fee
Wednesday Sept 7-Oct 19	7:15-8:15 pm	Dance Studio	Contact Ruby for cost of class.
Wednesday Nov 2-Dec 14	7:15-8:15 pm	Dance Studio	

Level II is for intermediate and advanced belly dancers. For cost and
information contact Ruby at (574) 315-1915.

MIDDLE EASTERN DANCE III*

Instructor: Ruby Jazayre

Session Dates	Time	Location	Fee
Monday Sept 5-Oct 17	6:00-7:30 pm	Dance Studio	Contact Ruby for cost of class.
Monday Oct 31-Dec 12	6:00-7:30 pm	Dance Studio	

Middle Eastern Belly Dance for fitness and fun for all ages!
Level III is for those approved by instructor to take this class

Fitness Room

Day	Hours	Fees per Month	
Mon-Thurs	7:30am-8:00pm	Resident	\$10.00
Friday	7:30am-4:30pm	Non-Resident	\$15.00

**Check out our new and improved Fitness
Room on the first floor!**

**To sign up, come to the Parks Office in the
Battell Center for registration forms.
Must be 18 years or older.**

**To register for any of the classes,
stop in or contact the Mishawaka
Parks & Recreation Office.**

**Do you have an idea for a new class?
If you would like to teach a class, or
know someone interested, contact
the Battell Community Center at
(574) 258-1664.**

All classes are held at the Battell Community Center, 904 N. Main St.

AT THE BATTELL CENTER

Aerobics

Mon & Wed | 9:00-10:00 am

Join Ellie and Theweah with a great morning exercise routine to start your day!

Euchre

Mon - 6:00 pm | Thurs - 1:00 pm

ALL WELCOME!

Ping Pong

Tues & Fri | 1:30-4:30 pm

BINGO

2nd Wed of every month - 12:30 pm

Exercise for Arthritis

Fridays | 10:15-11:15 am

Don't let arthritis get in your way!
Join a low-impact workout class today.

Pinochle

Tuesdays | 1:00-4:30 pm

Bid Euchre

Thursdays | 12:30-4:30 pm

Friendship Quilt Club

Wednesday | 6:00-8:00 pm

Beginners to advancers sewers and quilters welcome at the go at your own pace class.

Senior Shape-Up

Mon. & Wed .| 10:15 am

All exercises are done while sitting in a chair or standing near the chair.

Duplicate Bridge

Thursdays | 11:30 am

Line Dancing

Mon. & Wed. | 8:00 am

Join Pat Sell for an hour of dancing!

Senior Co-Ed Volleyball

Mon., Wed., & Fri. | 8:00 am

ALL WELCOME!

Blood Pressure Testing

1st Tues of every month | 10:00 am

Line Dancing

Tuesday | 9:30 am

Table Shuffleboard

Thursdays | 12:30-4:30 pm

BINGO & Blood Pressure Testing sponsored by Waterford at Edison Lakes.

2nd Friday Family Movie Nights

Battell Center Auditorium | 7:00 pm

3rd Friday: September 16

October 14

December 9

Bring the whole family to Battell Center for a fun night out!
Movies to be announced soon...stay tuned to the Parks & Rec website for more information!



Nutrition Site

The Nutrition Site at Battell serves lunches in the Community Room at 11:30 am.

The suggested donation is \$4.25 for seniors and it isn't so much a cost as a suggested donation. All contributions are happily accepted. Lunch is offered at \$8.25 for those under 60.

Reservations MUST be made one day in advance by calling (574) 256-2325.

Pilates 101

Tues Sept 6 | 6:15 pm

Join in for a free workout session and to learn about the principles of Pilates, proper form, and the health benefits of this widely popular exercise.

First Fridays with Grace Hospice

Starting September 2nd · 1:00 pm

Join Grace Hospice every first Friday of the month for a free light lunch and event like Karaoke or Coffee & Canvas! Each Friday event will be something new! ALL WELCOME!

T.O.P.S. #96

Wednesday | 9:00 am

T.O.P.S. stands for Taking Off Pounds Sensibly. If you are interested in joining T.O.P.S. come to a meeting!

What IS Hospice? Will I Be Ready

Sept 6th · 11:00am

Join Grace Hospice to learn about hospice care. Who pays for hospice? Is hospice right for us? How can I get involved? Complimentary light lunch will be served. RSVP: (574) 208-9280.

All classes are held at the Battell Community Center, 904 N. Main St.